

Brookfield Senior Center

“... a place where things are happening!”

July 2022 Newsletter

We've been busy these last few months and there's even more planned for the coming months! We invite you to take this opportunity to try a new class or program – you're always welcome. Don't feel like cooking this summer? Join us for our lunch program four days a week and make some new friends. Please read the newsletter completely and then promptly register for programs you want to attend, as many of our programs fill up quickly.

Make sure you have renewed your Annual Membership. This is *not* the same as your monthly program registration form and you will not be able to register for July activities until your 2022-2023 Membership form is on file. Membership is free for Brookfield residents and there is a \$20 fee for non-residents. Forms are available on the door, outside the Senior Center, and on our website. You can pay by check or with credit cards.

Tech Savvy Seniors

How do I make my iPhone louder? Can my iPad let me read a book? Can I take photos and videos and send them to my friends and family? What is iCloud and do I need it? Do you find yourself asking these questions or ones like these? Then, this 8-week iPhone or iPad class is for you!

Come join Lindsey Burk, Apple product guru, for a program on how to use your iPhone or iPad more efficiently and discover things you had no idea it could do. Before you know it, you will be a Tech Savvy Senior! This session runs on Mondays and begins on July 18 and through September 19. Class size is limited to 12 participants, and you **MUST** own an iPhone or iPad to participate. Classes are on Mondays at 10:00 a.m. Class dates are below. *Register on the enclosed form for the July sessions.*

July 18: Intro and Basics – Learn the basics of your device

July 25: Learn about Apps – Download, delete and more!

August 1: Apps continued – A continuation from July 25

August 8: Camera – Learn all about your iPhone or iPad's camera

August 22: Communication – Calling, Messaging, and FaceTime

August 29: Customization – Making your device fit **YOUR** needs

September 12: Security – Securing your device and health App (iPhone only)

September 19: Wrap Up – Catching up on topics and answering questions



Better Sleep

Friday, July 8 at 1:00 p.m.



Sleep disturbances are so prevalent in our society that to be sleep deprived and functioning on stimulants is accepted as “normal.” During this 90-minute workshop, join *Radiant Journey's* Jennifer Hirschberg-Wise, OTR/L, CLT, and take a deeper look at the structure of sleep and how disturbances diminish function and quality of life. Learn how to apply evidence-based principles of a sleep routine and other practices to create a better sleeping environment, thus restful sleep, and improved functioning. *Register on the attached form.*

Mark your Calendars:

Join us For Lunch. We're serving lunches Monday through Thursday at noon. You need to register at least one week in advance. The suggested donation is \$3.00 per lunch.

Coloring Club - Mondays at 1:30 p.m. Get out of the house and enjoy the company of others while having some fun coloring. Coloring books are not just for kids! Adult coloring has been shown to help reduce stress, boost mental clarity, exercise fine motor skills, and help train the brain to focus and generate a creative mindset. Bring your own coloring supplies or use ours.

Handiwork Group – Tuesdays at 10:00 a.m. Bring your own knitting, quilting, crocheting or cross-stitch project and enjoy the company of other talented members. This is a great way to make new friends.

Art with Adele - Tuesdays, 1:00 p.m. – 3:00 p.m. Bring your own supplies and painting project and join Adele and friends. *Register on the enclosed form.*

Bridge, Mahjogg, Canasta, Scrabble and POKER – Tuesdays and Thursdays at 1:00 p.m. Gather your table and join us for cards and games Tuesdays and Thursdays. You can play either day or both days. We will be setting up the **poker** table on Thursdays. We are also seeking new Cribbage Players.

Let's Talk- Wednesdays at 10:45 a.m. This friendly group will gather to connect and chat. Just walk in and join this fun and lively group.

Weekly Activity Packets - Weekly Activity Packets are available for pickup every Friday. Packets are filled with coloring sheets, puzzles, articles, and more.

Ask an Attorney Roundtable - Thursday, July 7 at 9:30 a.m. Michelle Ligouri, JD, is here to help you with your *general legal questions*. A public, round-table format will be used for this informative session. Space is limited to six participants who have not previously attended. Register on the enclosed form.

Men's Breakfast – Friday, July 1 at 9:00 a.m. Join your friends for a hot breakfast made for you by Ellen and Amy. Enjoy the conversation and company of friends.

Friends of Brookfield Senior Center (FOBSC) – Tuesday, July 12 at 12:15 p.m. Please join us as we discuss activities at the Center.

Blood Pressure Screening – Wednesday, July 20 from 9:00 a.m. – 1:00 p.m. Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton.

Reflexology with Eileen – Friday, July 1 and 15. Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. *Cost is \$35 for a 30-minute session payable directly to Eileen.* Appointments are made through Eileen Byrnes, certified reflexologist and yoga instructor at the Center. Eileen@eileenbyrnes.com. Email her with any questions.

Senior Center Book Club – Wednesday, July 27 at 1:30 p.m. Our book for July is *Big Little Lies* by Laine Moriarty. A murder... a tragic accident... or just parents behaving badly? A novel about the dangerous little lies we tell ourselves just to survive. Sometimes doing the wrong thing is also right, isn't it? Books will be on reserve for us at the Brookfield Library. *Register on the enclosed form.*

Brookfield Knights of Columbus brings lunch to you - Saturday, July 9. Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, June 30. Delivery is between 11:15 a.m. and 12:15 p.m. You must be home to accept delivery.

***From Lorraine Kelley, LCSW, Social Services Coordinator
203-775-7312***

Yes, it is once again time for tasty fresh fruits and vegetables! The Brookfield Farmer's Market will once again accept SNAP cards and double your SNAP purchase. The Brookfield Farmer's Market will operate every Friday from 3:00-6:00 p.m, June 17 – October 21 at 100 Pocono Road (lot across from the Post Office). Senior coupons will also be available to low-income seniors. Please call Lorraine for details.

Another great resource is the Brookfield Food Pantry that offers many varieties of food and other household and personal items. Please see Lorraine for details and for eligibility. With food prices skyrocketing, the pantry can help you save money!

Renter's Rebate

Filing period continues through October 1. If you rented in 2021, were age 65 or older or disabled and your income (including Social Security) was no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a rebate from the State. For more information about this program and your eligibility, please contact Lorraine Kelley at 203-775-7312.

Free Covid-19 test kits

The Government is offering a third round of free Covid-19 test kits. To order them please visit: https://www.covid.gov/tests?utm_campaign=20220217_cvd_prv_frd_gal&utm_content=english&utm_medium=email&utm_source=govdelivery. Medicare will also pay up to 8 Covid-19 test kits. Be aware of scams that try to get you to click on a link to order kits. Never give personal information, including your Medicare number to anyone who calls you. Make sure you are ordering FDA approved test kits by going to a trustworthy pharmacy or retailer.

Health and Wellness

Peripheral Artery Disease (PAD)—One of the Deadliest Diseases You Never Hear Of

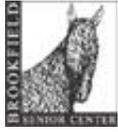
Have you noticed your legs cramping or your muscles hurting when walking or climbing stairs, but those feelings disappear once you rest for a few moments? Does one leg or foot feel cold or numb? Have you noticed redness or changes to the color of your skin on your legs or wounds that won't heal?

The name for a condition that can cause this is *Peripheral Artery Disease (PAD)*, or sometimes known as poor leg circulation. Many times, these symptoms are passed off as just getting older. However, this is NOT a normal part of aging! PAD can lead to serious conditions, like heart attacks or a stroke.

Sometimes, things you don't think matter are the very things that matter the most. If you have any of these symptoms, it is important to make your doctor aware even if you think the symptoms don't mean anything. Treatment focuses on controlling underlying conditions, such as hypertension or high cholesterol. Good skin care, diet and walking are important treatment options, as well.

Peripheral Artery Disease cannot be cured, but it can be managed, so other complications are less likely to occur. As always, know your body and be aware of any changes you notice. You are your own best advocate for your health!

Brookfield Senior Center



P.O. Box 5106
100 Pocono Road
Brookfield, CT 06804

Brookfield Senior Center

100 Pocono Road Brookfield, CT 06804 Telephone: 203-775-5308

<https://www.brookfieldct.gov/senior-center>

Director of Senior/Social Services:
Ellen Melville emelville@brookfieldct.gov

Senior/Social Services Program Coordinator:
Amy Diezemann adiezemann@brookfieldct.gov

Senior/Social Services Administrator
Kathy Creighton kcreighton@brookfieldct.gov

Social Services Coordinator
Lorraine Kelley, LCSW
lkelly@brookfieldct.gov

FISH Medical Transportation:

Transportation for medical appointments weekdays from 9 a.m. - 2 p.m.

Ambulatory disabled and/or seniors.

Brookfield residents only. Call 203-616-9678 to submit request at least 3 days prior to appointment.



SweetHART Telephone:

Main Phone: 203-744-4070

Reservations: Press 3

Meals on Wheels:

Home delivered meals for those 60 years of age or older who are homebound.

Main number: 800-994-9422

Elder Justice Hotline:

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.

Main phone: 860-808-5555

All Are Welcome Here!



Brookfield Senior Center respects the diversity of our members. You will find a warm welcome regardless of sex, age, race, ethnicity, religion, national origin, range of abilities, sexual orientation, gender identity, financial means, education level and political

Improve Your Mind & Body

Yoga with Eileen: Mondays at 10:00 a.m. This yoga class includes postures to work on strength, flexibility, balance, and movement to make you feel stronger. Bring your own floor mat.

Back in Balance with Kathy - Entry Level Class: Mondays at 1:15 p.m. ***and*** Thursdays at 10:30 a.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries. Practice different styles of meditation.

Cardio Dance Party with Matt: Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won't want to miss this opportunity to dance with Matt every Tuesday morning.

Line Dancing with Jill: Tuesdays at 1:30 p.m. We are thrilled to welcome back our favorite Line Dancing instructor! Everyone will enjoy this fun and entertaining class. Beginners welcome.

Tai Chi with Susan: Wednesdays at 9:30 a.m. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Susan's gentle encouragement and enthusiasm will help you quickly feel the benefits of this class.

Functional Strength and Balance with Cassie – Intermediate Level Class: Wednesdays at 1:00 p.m. The focus of this class is on movement and range of motion exercises through all the joints and muscles in your body with multiple directional movements. Bring your hand weights.

Chair Yoga with Eileen: Wednesdays at 2:30 p.m. You get all the benefits of movement and breath work without having to get down on the floor. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

Bandstand Boogie with Matt: Thursdays at 9:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels.

Wellness and Wisdom with Eileen: Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training with hand weights and balance work and can be adapted to your level.

Register and pay using the enclosed form each month. Please consult your personal physician before beginning any new exercise class. Wear appropriate footwear and clothing for and always bring your water.

Fabulous Friday Hot Dog Bingo! Friday, July 29 at noon

Join us for a hot dog lunch and bingo starting at noon. Bingo and prizes are sponsored by Danielle Ramos of Bethel Health Care. *Register and pay on the enclosed form – cost is \$5 per person.*

Armchair Travel with Candlewood! Grand Canyon Tuesday, July 12 at 10:30 a.m.

First in a series of three programs, join Sarah Johnson, Candlewood Valley Health and Rehab, and travel to the Grand Canyon! After your travels, create a painting inspired by the landscape. *Register on the enclosed form.*

Corn Hole Tuesday, July 19 at 10:30 a.m.

Join us and learn how to play the great game of Corn Hole. This is a game that everyone can participate in – be ready to show off to your grandchildren at the next family picnic. *Register on the enclosed form.*

Hiking Club Returns! Wednesday, July 20 (Rain date July 27) 10:00 a.m.

Meet guides, Andrea and Jenny, on the trail for another beautiful morning of fresh air, conversation, and exercise at the Blue Barns at Orzech Family Preserve. The center will send you driving and parking directions. *Register on the enclosed form.*

Programs and Life-Long Learning ~ Come explore and discover

AARP Virtual U Community offers a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun. It changes daily: <https://local.aarp.org/brookfield-ct/aarp-events/>

Center for Interactive Learning: Ulysses S Grant in St. Louis: Tuesday, July 12 at 4:00 p.m. Explore Ulysses S. Grant's life experiences in St. Louis. Participants will learn about Grant's relationships with his family, his farming ventures, and the politics of slavery in St. Louis before the Civil War. *Register on the attached form and the Center will send you a Zoom link.*

New Britain Museum of American Art: Right out our back door, in New Britain, CT, view the beautiful art collection virtually or in-person. Visit www.nbmaa.org to explore this hidden gem!

Friday Movie Matinees

Friday, July 1 at 1:00 p.m. *House of Gucci*. When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge and ultimately murder. (Lady Gaga, Adam Driver, Jared Leto, Jeremy Irons, Salma Hayek; Al Pacino. *Rated R; 2h, 37m*)



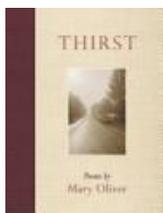
Friday, July 15 at 1:00 p.m. *The Lost City*. Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her. (Sandra Bullock, Channing Tatum, Daniel Radcliffe; *Rated R; 2h, 36m*)



Friday, July 22 at 1:00 p.m. *The Eyes of Tammy Faye*. In the 1970s, Tammy Faye Bakker and her husband, Jim, rise from humble beginnings to create the world's largest religious broadcasting network and theme park. Tammy Faye becomes legendary for her indelible eyelashes, her idiosyncratic singing, and her eagerness to embrace people from all walks of life. However, financial improprieties, scheming rivals and a scandal soon threaten to topple their carefully constructed empire. (Jessica Chastain, Andrew Garfield, Cherry Jones, Vincent D'Onofrio; *Rated R; 2hr, 21m*)



Poetry Reading by Local Author Thursday, July 7 at 1:00 p.m.



Celebrate summer by exploring the wonder of nature and gratitude we feel for the simple pleasures found all around us. Join Terri Sorrentino, as she reads from *Thirst*, poems by Mary Oliver. Meet new friends and engage in meaningful conversations. *Please register.*

Finding Resilience and Growth through Loss and Transition Thursday, July 14 at 1:30 p.m.

Catherine Vlasto, LCSW is a clinical social worker now in private practice. She is a long-time friend of Brookfield Senior Center and has led us through some both interesting and \ difficult conversations in the past. Join us as we welcome her back to discuss “what’s next” as we travel through this pandemic. We will discuss what and whom we have lost during the past three years and find new ways to move forward, find new paths for ourselves, and live life with meaning and purpose. Don’t miss this very important presentation and candid discussion. *Register on the enclosed form.*



BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

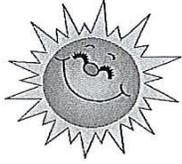
July 2022

You must have a current membership form on file for 2022-2023.

Name: _____

Phone: _____

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m.	\$10	\$ _____
___ Mon Back in Balance at 1:15 p.m.	\$10	\$ _____
___ Tues Dance Party at 9:30 a.m.	\$15	\$ _____
___ Tues Line Dancing at 1:30 p.m.	\$15	\$ _____
___ Wed Tai Chi at 9:30 a.m.	\$15	\$ _____
___ Wed Functional Strength & Balance at 1:00 p.m.	\$15	\$ _____
___ Wed Chair Yoga at 2:30 p.m.	\$15	\$ _____
___ Thurs Bandstand Boogie at 9:30 a.m.	\$15	\$ _____
___ Thurs Back in Balance at 10:30 a.m.	\$15	\$ _____
___ Fri Wellness & Wisdom at 10:30 a.m.	\$20	\$ _____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$ _____
___ Men's Breakfast: Friday, July 1 at 9:00 a.m.		
___ Movie Matinee: Friday, July 1 at 1:00 p.m. <i>House of Gucci</i>		
___ Ask an Attorney: Thursday, July 7 at 9:30 a.m.		
___ Poetry Reading: Thursday, July 7 at 1:00 p.m.		
___ Better Sleep Seminar: Friday, July 8 at 1:00 p.m.		
___ Knights of Columbus lunch delivery: Saturday, July 9 at Noon Address: _____		
___ Travel Grand Canyon with CVHR, Tuesday, July 12 at 10:30 a.m.		
___ CILC – Ulysses S. Grant: Tuesday, July 12 at 4:00 p.m. (Zoom)		
___ Finding Resilience and Growth: Thursday, July 14 at 1:30 p.m.		
___ Movie Matinee: Friday, July 15 at 1:00 p.m. <i>Lost City</i>		
___ Tech Savvy Seniors: Monday, July 18 at 10:00 a.m.		
___ Corn Hole Games: Tuesday, July 19 at 10:30 a.m.		
___ Blood Pressure Screening: Wednesday, July 20 (call for time)		
___ Hiking Club: Wednesday, July 20 at 10:00 a.m. (Rain date: July 27)		
___ Movie Matinee: Fri., July 22 at 1:00 p.m. <i>The Eyes of Tammy Faye</i>		
___ Tech Savvy Seniors: Monday, July 25 at 10:00 a.m.		
___ Book Club: Wednesday, July 27 at 1:30 p.m.		
___ Hot Dog Bingo: Friday, July 29 at noon	\$5	\$ _____
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> .		\$ _____



CW Resources Senior Community Café

July, 2022

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Fourth of July Closed</p>	<p>5</p> <p>Eggplant Rolatini Marinara Sauce Ziti Broccoli and Cauliflower</p> <p>12 Grain Bread</p> <p>Brownie</p>	<p>6</p> <p>Cream of Broccoli Unsalted Crackers Crabmeat Salad Sandwich 3 Bean Salad Cucumber, Onion, Dill Salad Hot Dog Roll</p> <p>Watermelon</p>	<p>7</p> <p>Chicken Salad with Cranberries Pasta Salad with Broccoli, Red Peppers, White Beans, Carrots</p> <p>Club Roll</p> <p>Banana</p>	1
<p>11</p> <p>Florentine Chicken Lemon Orzo Broccoli and Red Pepper</p> <p>Happy Birthday</p> <p>Whole Wheat Bread</p> <p>Birthday Cake</p>	<p>12</p> <p>Stuffed Shells with Meat Sauce Green Beans</p> <p>Italian Bread</p> <p>Pineapple Chunks</p>	<p>13</p> <p>Chef Salad with Ham, Turkey, Cheese, Cheese, Egg, Veggies Italian Dressing</p> <p>Breadstick</p> <p>Fresh Fruit</p>	<p>14</p> <p>Orange Juice Slow Cooked Pork in Pan Gravy Roasted Herb Potatoes Squash Medley</p> <p>Dinner Roll</p> <p>Grapes</p>	
<p>18</p> <p>Cranberry Juice Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw</p> <p>Corn Muffin</p> <p>Ice Cream</p>	<p>19</p> <p>Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli</p> <p>Multi Grain Bread</p> <p>Peaches</p>	<p>20</p> <p>Baked Fish Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce</p> <p>Rye Bread</p> <p>Orange</p>	<p>21</p> <p>Macaroni, Chicken, and Pea Salad Broccoli and Red Pepper Salad Mustard</p> <p>Dinner Roll</p> <p>Fresh Fruit Salad</p>	
<p>25</p> <p>Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach</p> <p>Club Roll</p> <p>Fruit Cocktail</p>	<p>26</p> <p>Cranberry Juice Meatloaf with Onion Gravy Mashed Potatoes Pease and Carrots</p> <p>Dinner Roll</p> <p>Fresh Peach</p>	<p>27</p> <p>Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese</p> <p>Italian Bread</p> <p>Lemon Pudding</p>	<p>28</p> <p>Orange Juice Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans Rye Bread</p> <p>Cantaloupe</p>	



To celebrate its 60th Anniversary
The Garden Club of Brookfield
Is pleased to announce a

GARDEN TOUR DAY

SATURDAY JULY 9

9am to 3pm

Advance Tickets \$20

On sale beginning May 29, 2022

Purchase from these supporting locations:

Shakespeare's Garden 25 Obtuse Road South, Brookfield

The Brookfield Library 182 Whisconier Road, Brookfield

Agriventures Agway 126 Housatonic Avenue, New Milford

Cosmos Landscaping and Nursery 548 Danbury, Road, New Milford

OR

Purchase by mail for will call at The Museum Garden on July 9:

PO Box 594, Brookfield, CT 06804



Day-of Tickets \$25

Purchase at The Museum Garden 165 Whisconier Road, Brookfield

Cash or Check (Payable to The Garden Club of Brookfield). No credit cards. Rain or Shine.

**Visit The Museum Garden
for these free events:**

Garden Boutique

Sale of new and gently used garden-themed items

Plant Show-Off

People's Choice judging of participant displays

See our website for details:

thegardenclubofbrookfieldct.org

All proceeds support the Garden Club's beautification efforts in town.



Brookfield Senior Center Annual Membership

07/01/22 - 06/30/23

___ RESIDENT: \$0 ___ NON-RESIDENT: \$20 Amount Due: \$ ___

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone No: _____ Cell: _____

Email: _____ Birth date: _____

Person to contact in case of emergency: _____

Relationship: _____ Best Phone: _____

How would you like to receive the Newsletter? ___ E-mail ___ Postal Mail

Brookfield Senior Center Release and Participation Waiver

I declare that I intend to use some or all of the activities, facilities, programs and services offered by Brookfield Senior Center. I assume full responsibility, during and after my participation, for my choices to use, at my own risk, any information or instruction I receive. I declare myself physically sound and suffering from no condition, impairment or other illness that would prevent my participation in any of the activities or services I choose to participate in at the Brookfield Senior Center.

Being of full age and in consideration of my participation in all activities, programs and services, virtually or in person, I do hereby release and forever discharge the Town of Brookfield, their agents and employees, their representatives, successors, and assignees from all claims arising out of any and all personal injuries, damages, expenses, and any loss or damage whatsoever resulting or which may result from participation in these programs or any illness or injury resulting there from, either directly or indirectly.

I declare that I have read, understood and agree to the contents of the Participation Waiver in its entirety.

Signature: _____ Date: _____

Brookfield Senior Center Code of Personal Conduct

The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is necessary to establish standards of behavior. Everyone has the right to expect others to act respectfully towards him or her and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated. Town of Brookfield employees should be treated with respect and courtesy.

If any member does not adhere to the Personal Conduct policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence. Everyone is responsible for maintaining the premises in a neat and orderly fashion and for cleaning up after themselves. Please leave the room in the same manner that you found it.

Mail to: Brookfield Senior Center, 100 Pocono Road, Brookfield, CT 06804
(Please make checks payable to Town of Brookfield)



SENIOR ACTIVITIES ~ JULY 2022

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Registration generally begins on the Monday of the last full week of the month.</p>	<p>Advance registration with the Center is required for all programs unless otherwise noted.</p> <p>Use the enclosed registration form.</p>	<p>2022-2023 Annual Membership forms due</p>		<p>1 9:00 Men's Breakfast 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie – House of Gucci</p> <p>Weekly Packet Pickup</p> 
<p>4</p> <p>Closed 4th of July</p> 	<p>5 9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>6 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>7 9:30 Ask an Attorney 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker 1:00 Poetry Reading by Terri Sorrentino</p> 	<p>8 10:30 Wellness and Wisdom 1:00 Better Sleep with Radiant Journey</p> <p>Weekly Packet Pickup</p>  <p>Saturday, July 9: noon KoC Lunch delivery</p>
<p>11 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p>12 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Grand Canyon with CVHR</p>  <p>12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 4:00 CILC – Zoom Ulysses S. Grant</p>	<p>13 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>14 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker 1:30 Finding Resilience with Catherine Vlasto</p> 	<p>15 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie Matinee – Lost City</p> <p>Weekly Packet Pickup</p> 
<p>18 10:00 Yoga 10:00 Tech Savvy Seniors</p>  <p>12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p>19 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Corn Hole 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p> 	<p>20 9:00 Blood Pressure Screening 9:30 Tai Chi 10:00 Hiking Club – Blue Bams at Orzech Family Preserve 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>21 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p>22 10:30 Wellness and Wisdom 1:00 Movie Matinee - The Eyes of Tammy Faye</p> <p>Weekly Packet Pickup</p> 
<p>25 10:00 Yoga 10:00 Tech Savvy Seniors</p>  <p>12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p> <p>August Registration begins</p>	<p>26 9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>27 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:30 Book Club 2:30 Chair Yoga</p>	<p>28 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p>29 10:30 Wellness and Wisdom 12:00 Hot Dog Bingo with Bethel Rehab</p> <p>Weekly Packet Pickup</p> 